

# Island Life

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Cessily Greene (USA) - January 2025

Music: Island Life - Janet Jackson



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts Janet starts singing lyrics.

**(STEPS BEFORE JANET STARTS SINGING LYRICS VARY AND SOME DO NONE AT ALL)**

## **PART 1: 16 COUNTS**

### **RIGHT UP, BACK, SIDE, LEFT UP**

1 2 3 4 Tap right foot up, recover, tap right back, recover  
5 6 7 8 Tap right foot to side, recover, tap left foot up, recover

### **LEFT BACK, SIDE, SHUFFLE QUARTER S RIGHT**

1 2 3 4 Tap left foot back, recover, tap left foot side, recover  
5&6 7 8 Shuffle RLR making quarter turn right, shuffle RLR making quarter turn right to face 6:00

**REPEAT PART 1 TO END FACING FRONT WALL**

## **PART 2 : 16 COUNTS**

### **QUARTER TURN LEFT, BACK WALKS RIGHT, KICK, HALF TURN RIGHT, BACK WALKS TO LEFT, KICK**

1 2 3 4 Make quarter left turn in place to face 9:00 and walk back RLR lift left foot  
5 6 7 8 Make half right turn in place to face 3:00 and walk back LRL lift right foot

### **QUARTER TURN RIGHT, BACK WALKS, KICK, BACK PADDLES TO FACE FRONT**

1 2 3 4 Make quarter turn right in place to face front and walk back RLR lift left foot  
5 6 7 8 Tap left foot back and push off backwards paddles, do three paddles to face front

**REPEAT PART 2 TO END FACING FRONT WALL**

## **PART 3 : 16 COUNTS**

### **JUMPS UP AND BACK – BOOGYT!**

1 2 3 4 Jump up on both feet and bounce/boogy for 4 counts  
5 6 7 8 Jump back and bounce/ boogy for 4 counts

### **RIGHT UP TOGETHER, SIDE TOGETHER, BRING IT BACK**

1 2 3 4 Step on right up, bring left to right, step left home, right together  
5 6 7 8 Step on right to side, bring left together, step left to left, right together

**REPEAT PART 3 16 COUNTS**

**REPEAT ENTIRE DANCE**

## **DANCE BRIDGE**

### **STEP KICK 1,2 TO LEFT, STEP KICK 1,2 TO RIGHT**

1 2&3 4 Small step to right, kick left on 2 for 2, step left, right, bounce  
5 6&7 8 Small step to left, kick right on 2 for 2, step right, left, bounce

**“CROSS NOT CROSS” /SIDE SHUFFLE AND KICKS TO RIGHT THEN LEFT, LR TAPS, HALF RIGHT TURN**

1&2& Step going right on right, step on left on &, right on 2, kick left on &  
3&4& Step going left on left, step on right on &, left on 2, kick right on &  
5 6 7 8 Tap left forward, tap right forward, step on left forward, complete half right turn on right face  
6:00

**REPEAT BRIDGE TO END FACING FRONT**

**REPEAT PART 2 AND SAY WHOO! WHEN YOU WALK BACK FOR THE LAST TIME**

**Submitted by: Bonnie Berns - Email: [yaelchina@yahoo.com](mailto:yaelchina@yahoo.com)**

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